

Department of Clinical Psychology HIMS-SRHU Report of Guest Lecture

Department: Clinical Psychology

Institution: Himalayan Institute of Medical Sciences

Date of Event: August 12, 2025

Time: 3:00 P.M.

Venue: Department Classroom (Online Mode for Guest Lecture)

Topic of Lecture: “*Understanding Grief and Mourning Process under the Lens of Death and Non-death Loss*”

Resource Person:

Ms. **Sagufta**, Ph.D. Scholar in Psychology, Department of Psychiatry and Forensic Medicine, School of Medicine, Autonomous University of Barcelona.

Objective of the Lecture

The primary objective of the lecture was to provide students with an in-depth understanding of grief and mourning processes, exploring them not only in the context of death but also non-death losses. This exposure aimed to broaden their perspective on mental health challenges, enhance academic learning, and foster professional growth.

Participants

The session witnessed active participation from students and faculty members:

- 15 PDCP students
- 07 M.Sc. Nursing (Mental Health) students
- 05 Faculty members
- 02 Ph.D. Scholars

Total Participants: 29

Summary of the Session

Ms. Sagufta highlighted the psychological dimensions of grief and mourning, addressing how individuals respond differently to death-related losses as well as significant non-death losses such as relationship breakdowns, chronic illnesses, displacement, and life transitions. The lecture emphasized cultural, emotional, and psychological aspects of coping, providing practical insights relevant for future clinicians, researchers, and mental health professionals.

Outcome of the Lecture

- Students gained enhanced theoretical knowledge aligned with their curriculum.
- Participants developed greater sensitivity towards the diverse forms of loss and human suffering.
- The lecture promoted interdisciplinary learning by engaging psychology, nursing, and clinical faculty.
- The interaction enriched academic exposure and encouraged critical reflection on counselling and therapeutic practices.

Conclusion

The guest lecture was highly informative, interactive, and appreciated by all attendees. It significantly contributed to the academic enrichment of students and faculty and strengthened the department's commitment to fostering holistic learning.



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